

Border Eagle

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Laughlin Air Force Base, Texas

July 16, 2004

Warrior call focuses on deployment mindset

By Airman 1st Class
Olufemi Owolabi
Staff writer

A third warrior call was conducted in Anderson Hall July 7 to honor those who recently returned from deployments and to give Airmen deploying soon a prepared mindset of their responsibilities to defend America's freedom.

Laughlin members gathered in Anderson Hall to hear from Airmen and commanders who returned home recently from deployments around the world.

The warrior call started with frontline insights and mission briefings that included pictures from de-

See 'Warrior', page 4

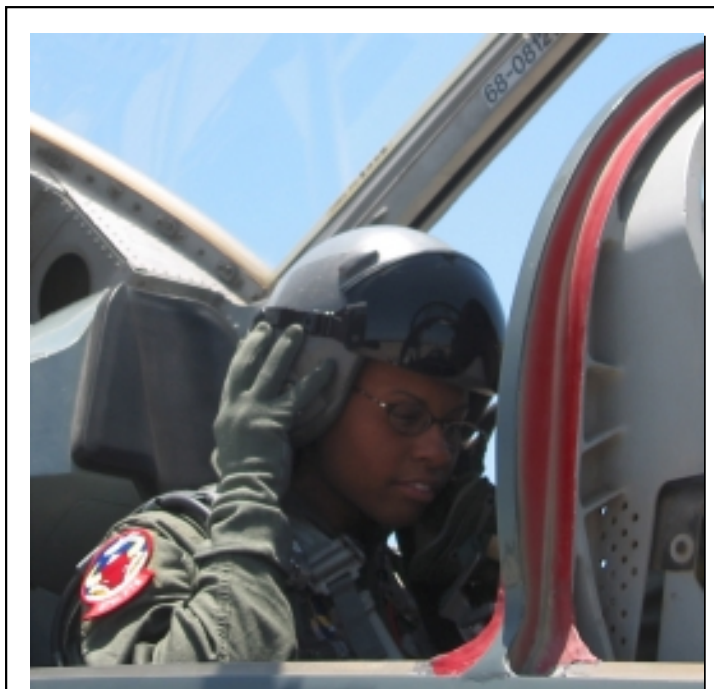


Photo by Airman 1st Class Olufemi Owolabi

This wasn't on the test ...

Senior Airman Cheneldra Moore, 85th Flying Training Squadron, straps into a T-38 Wednesday on the flightline for an incentive flight. Airman Moore earned the flight for scoring 99 percent on her career development course test.

Paper pay statements end July 31

By Jillian Speake
Air Force Print News

RANDOLPH AIR FORCE BASE, Texas – This month's Leave and Earnings Statement is the last paper copy military members assigned to Air Education and Training Command bases will receive.

Also affected are military members whose pay information is handled by an AETC finance office.

As of July 31, myPay, the Defense Finance and Accounting Service's web-based pay system, will be the primary means for military personnel to get an LES and mid-month pay information.

Air Force Chief of Staff Gen. John Jumper reinforced the importance of myPay last month when he asked all Air Force major commands to take the necessary steps to make myPay the default choice for all routine pay transactions.

Even before the general's request, 81 percent of AETC members had already signed up for a myPay personal identification number, which allows members to access the system 24 hours a day, seven days a week.

"The myPay system sells itself," said Col. Dave Weinberg, AETC comptroller. "It's more flexible and reliable than the old way of doing

things because you can access the site from anywhere around the world."

MyPay allows service members to view, print and save payroll documents, update address changes for correspondence, review W-2 forms and update changes to Thrift Savings Plan accounts.

Efforts are currently underway for additional features such as self-service processing of allotments, a single sign-on between Air Force Portal and myPay, and PINs that will provide spouses or other designees read-only access to the system.

"The system lets members stay

See 'myPay', page 4

Newslines

Blood drive

The American Red Cross is holding a blood drive from 9 a.m. to 3 p.m. in the Fiesta Center.

The squadron with the most donors will receive a trophy.

For more information, call 298-5224.

OSS change of command

The 47th Operations Support Squadron will hold a change of command ceremony at 8 a.m. July 26 on the flightline ramp area in front of Anderson Hall.

Lt. Col. Jeffrey Smith will take over command from Lt. Col. Robert Craven. All base members are invited to attend.

Wing change of command

Col. Tod Wolters will assume command of the 47th Flying Training Wing from Col. Dan Woodward in a change of command ceremony at 9 a.m. July 30 in Building 508 (T-1 hanger).

The uniform for ceremony participants is service dress and for members in formation is short-sleeve blues.

All Laughlin attendees are reminded not to drive to the ceremony as parking is limited; buses will be provided. See upcoming issues of the *Border Eagle* for more details.

All base members are invited to attend.

Deployment stats

Deployed:	14
Returning in 30 days:	0
Deploying in 30 days:	0

Mission status

(As of Tuesday)

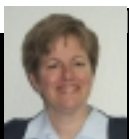
Days behind or ahead:

T-37, -13.61	T-1, -0.82
T-38, -6.06	T-6, -11.59

Mission capable rate:

T-37, 91.2%	T-1, 80.7%
T-38, 83.0%	T-6, 84.4%

Judge Advocates provide legal counsel, peace of mind during war, peacetime



Commander's Corner

By Maj. Franziska Chopp
47th Flying Training Wing
Staff Judge Advocate

We are taught the team concept from the very first moment we enter the Air Force. It doesn't matter if you are a pilot or a supply clerk, an airman basic or a four-star general, we are all still Airmen and all on the same team. As a part of that team, JAGs are here to help every member of the team with legal issues, large and small.

As military attorneys, we do more than recommend disciplinary action and prosecute cases. In fact, much of what a JAG does may seem mundane or go unnoticed. However, it is this behind-the-scenes activity that often has the biggest impact. Air Force attorneys are involved in every area of the Air Force mission from assisting members, their families and retirees with legal issues to advising commanders in the field. We are here to ensure the mission is completed within the established guidelines and regulations.

JAGs advise people about the right course of action to take, help settle claims when household goods are damaged during a move, give opinions about real estate transactions, give advice on divorces as well as guidance on a myriad of other personal, private legal matters.

Legal offices handle civil law cases, including environmental, encroachment, labor issues, contracts, etc. We also defend the Air Force against suits such as medical malpractice, personal injury and property damage.

Military attorneys are a key counsel during deployments and wartime, especially for pilots and commanders. We ensure that the law of armed conflict is followed and we answer questions about legitimate targets, and lawful and unlawful combatants. As the most powerful nation in the world, we must ensure our actions are above reproach. We do not want our conflicts to degrade into barbaric engagements and for that reason we must always follow LOAC, whether or not our opponents do the same. In addition to being the law, it's the right thing to do.

Also, during deployments and wartime situations, military attorneys act as a liaison between host nations and the troops. For

"We understand that the Air Force's greatest resource is its people. If there are problems at home, our Airmen are less able to perform the mission."

the troops, the legal office can assist airmen before, during and after a deployment. We help Airmen get their personal affairs in order before a deployment by providing wills and powers of attorney. We are also available to provide advice on family legal situations that may arise, such as shared custody arrangements.

We are here to help give Airmen peace of mind when leaving and returning from a deployment. While their loved ones are deployed we are ready to assist family members, taking some of the strain off of what can often be a very difficult time. We understand that the Air Force's greatest resource is its people. If there are problems at home, our Airmen are less able to perform the mission.

Air Force JAGs are here to help guide airmen at every level. By doing our job, we know we are enabling others to do theirs, helping make the Air Force team a success.

Helping children cope during deployments

By Capt. Tim Sheahan
379th Air Expeditionary Wing

Deployments are often very stressful for the people left behind. Those affected most may be the deployed member's children.

Changes seen in children can be distressing for both the state-side and deployed parent, as well as the child struggling with the parent's departure. The most important information for concerned parents is that their child's response to the deployment, while distressing, is normal. Children cannot respond to change the way adults do, and are unlikely to say "Daddy, I'm sad Mommy's gone, and scared she won't come back." Here are some common scenarios and helpful information.

When Mommy deploys, the child may "cling" to Dad. The child may act afraid to go to school, become upset if Dad is out of sight, or may want to sleep in the same bed. This may suggest the child is afraid that since Mommy left, Dad may also.

Dad must reassure the child and spend time with him or her. Dad must assure the child he is not going anywhere, and that Mommy is coming home as soon as possible.

Another common scenario is to have an "angelic" child become a disobedient "monster." A drop in grades may occur, as may acting out (hitting others, biting, breaking rules, etc). These are the child's tests to see how much of his or her life has changed.

See 'Helping', page 3

Border Eagle

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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Submissions can be e-mailed to: timothy.stein@laughlin.af.mil or sheila.johnston@laughlin.af.mil.

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.



Actionline
298-5351 or
actionline@laughlin.af.mil

Col. Dan Woodward
47th Flying Training Wing commander

This column is one way to work through problems that haven't been solved through normal channels. By including your name and phone number, you are assured of a timely personal reply. It's also useful if more information is needed to pursue your inquiry. We will make every attempt to ensure confidentiality when appropriate.

Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved. Please keep e-mails brief.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Below are telephone numbers that may be helpful when working your issue with a base agency.

AAFES	298-3176
Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Clinic	298-6311
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

*"Train the world's best
pilots and deploy
expeditionary forces world-
wide to fight and win
America's wars ... period!"*

— 47th Flying Training
Wing motto

Air Force strives to combat housing problem



**Chief of Staff's
Sight Picture**

By Gen. John P. Jumper
Air Force Chief of Staff

The foundation of our Air Force is our people. Caring for them and their families remains one of our highest priorities.

One way we're making good on that commitment is by providing safe and affordable housing. We are committed to providing our Airmen the quality of housing that is commensurate with the society they protect. Through privatization, increases in the basic allowance for housing (BAH), and a new dorm standard, we are combating the problems of inadequate housing.

There is a myth out there that we have abandoned our commitment to ensuring all Air Force members have access to adequate and affordable housing. Let me assure you that nothing is further from the truth.

Secretary Roche and I are committed to ensuring all Air Force members have access to safe, adequate and affordable housing either in the local community or on our installations. Providing housing options in the local community is our first target.

We are also targeting the problem of inadequate housing on base. At the beginning of this

fiscal year, there were 40,000 inadequate military family housing units. But we plan to eliminate these through a process we call "privatization," we partner with private developers who will build and maintain housing units for Air Force families.

These partnership arrangements allow us to provide quality homes more quickly than we can through traditional military constructions. As of today, we have already built 4,934 new homes through privatization. By 2007, we will have eliminated all inadequate housing units in the CONUS, and two years later, we will have eliminated inadequate units overseas. We have been and always will be committed to providing the best available housing options for our members — but our methods for achieving this goal have changed. These new methods provide greater flexibility to satisfy our housing needs. For on-base housing requirements, privatization provides us greater flexibility to build and renovate quality units, while ensuring that the contractors are responsive to the needs of residents.

Currently, we have privatized over 6,000 units, and have a very high rate of resident satisfaction. Over the next three years, we plan to privatize 45,000 units.

We are equally committed to providing a quality living environment for our young unaccompanied Airmen.

We currently have a shortage of nearly 2,400 rooms, but we are

making great strides in filling that gap. From fiscal year 1996 through this year, we have spent \$1.3 billion in military construction money for new dormitories, and we plan to spend an additional \$735 million over the next five years. With this money, we will eliminate our room deficit and develop an improved room standard called Dorms-4-Airmen. This improved design provides a larger living/sleeping area and a private bathroom in each room.

We are also addressing dormitories for technical training. Currently we have a technical training dorm deficit of over 29%, with 40% of our existing technical training dorms having three students in rooms designed for two.

However, this deficit will be eliminated by 2009, as we build new dorms each year for the next five years. Even as we fight the war on terrorism, we have not lost focus on the importance of quality of life for our Airmen. Providing adequate housing allows Airmen to focus on the mission, knowing that their families have a safe place to live. Ours is the greatest Air Force in the world because of the remarkable people we attract and retain. The old adage that "we recruit individuals, we retain families" has never been more true. I am extremely proud of the progress we have made in our housing program as we strive to make it worthy of the outstanding men and women who make our Air Force the world's best.

Helping, from page 2

Something like "Hmmm... Mommy is gone, I wonder if the rules have changed about what I can do."

This is not malicious or manipulative, but born of uncertainty. Consistent discipline is crucial. Mommy isn't there, but the rules and consequences that exist to keep the child safe have not changed. This will provide a sense of comfort and consistency.

If you are deployed, here are some general tips to help your child cope with your absence: Keep in touch!

A letter written from you to your child in its own envelope is invaluable towards making him or her feel special. Be liberal with "I love you."

The stay-at-home parent should keep your picture in a prominent place. He or she should ask the child about any feelings regarding the deployed parent being absent. Let the child

know all feelings are okay.

Get a copy of your child's favorite book, read it on an audio tape, and mail it home. The stay-at-home parent should plan special outings regularly.

As tough as life may be for the deployed member, we tend to forget how our families can be affected.

Managing your own stress is very important, but we must commit to easing the stress of those too young to do it for themselves.



Courtesy photo

Making a difference ...

Airman 1st Class Shanaysha Walker (front left), 47th Aeromedical-Dental Squadron, helps unload wounded from a helicopter at Tallil Air Base, Iraq. Airman Walker is one of 14 Laughlin members currently deployed.

Warrior, from page 1

ployment experiences of Col. Dan Woodward, 47th Flying Training Wing commander, and Lt. Col. John S. Lindsey, 96th Flying Training Squadron T-6 flight commander, and ended with a reception for those returning from or preparing for deployment.

Colonel Woodward said it is very important for Airmen to understand their significance to deploy-

ments, their contributions overseas and the roles they play in Operations Iraqi and Enduring Freedom.

During his briefing, Colonel Woodward said being deployed to Pakistan was a great learning experience

for him. "To make us better at deploying, it is important we learn lessons from those who have," he urged all Airmen. "It doesn't matter where you work; proudly share your lessons

with people and make them proud about what you did because you can have tremendous impact on the direction this country takes."

Furthermore, he shed light on how deployment of personnel and understanding of the situations at deployed locations play a vital role in fighting the war on terrorism. Also, he provided highlights of his experiences on

his recent deployment to Pakistan and why, in his opinion, the country is strategically important to the U.S. government.

"Why do we need to care about Pakistan and what's going on there?"

"Because of the ever-changing situations at these locations, no text book will teach or tell us what to do. Everyday you wake up there, there will be different things to do because it's a very dynamic place.

**-- Lt. Col. John Lindsey
96th Flying Training
Squadron flight commander**

he asked.

He said the country's geo-strategic location makes it the only viable route to Afghanistan.

During his assignment to the U.S. embassy in Pakistan, Colonel Woodward worked border issues and problems with Pakistani and Afghan military.

On the other hand, Colonel Lindsey, who recently returned from Iraq, said one must be mentally and physically prepared for the different and changing situations in deployment locations. He added that information from frontline insights could be a great help in an Airman's preparation.

These recollections could give someone an understanding of what's going on at deployment locations, he said. "Because of the ever-changing situations at these locations, no text book will teach or tell us what to do. Everyday you wake up there, there will be different things to do because it's a very dynamic place."

In addition, he said Airmen should be ready during their deploy-

Opinions on the proposed uniform?



**Take the online
survey at
www.uniforms.hq.af.mil**

myPay, from page 1

focused on their primary mission, either while deployed or at their home stations, since transactions can occur at anytime of the day from any location," Colonel Weinberg said. "What isn't changing is

our understanding that we're here to serve the war fighters."

Laughlin members can obtain a myPay PIN by requesting one at <https://mypay.dfas.mil> or contacting the finance customer service counter at 298-5215.

ment, sometimes, to do what they were not trained to.

Colonel Lindsey managed the Iraqi C-130 program during his deployment though he had never previously worked with that airframe.

During his deployment, he also helped the Iraqi government purchase sophisticated X-ray machines that can scan a vehicle for smuggled items within 15 seconds. Moreover, he helped the Iraqis to select equipment and eligible persons to serve as air force and army officers.

They need to continue increasing and rebuilding their military and security forces, Colonel Lindsey said. "In the meantime, they will rely on us to help provide adequate security."

Over the last few months, more than 40 Laughlin members were deployed, and more than 80 individuals are currently preparing for deployments.

The warrior call was sponsored by the Laughlin's Integrated Delivery System agencies and Military Affairs Association.

Rewritten Airman's Manual coming

By Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON – An Airman's most important deployment tool just got better.

The original Air Force Manual 10-100, the "Airman's Manual," published in 1999, has been revised and updated and arrive at Laughlin by August 15.

"Within four weeks, we will distribute more than 675,000 copies to every active-duty member, reservist and guardsman," said David Epstein, the training and publications manager for the Air Force civil engineer readiness branch. An electronic version is already available on the Air Force portal.

A working group of contract writers and active-duty subject-matter experts from a cross-section of Air Force specialties began the revision in October 2003. The manual was completed in January and went to press June 9.

One major improvement combines the manual with Air Force Handbook 32-4014, Volume 4, "USAF Ability to Survive and Operate Procedures in a Nuclear, Biological, and Chemical Environment." This consolidated the two publications from 400 pages to about 250 and put them both into one easy-to-carry booklet that fits into the battle dress uniform pants cargo pocket.

Another important feature is the addition of about 20

pages of potential life-saving information, Steve Prier said. He is the Full Spectrum Threat Response publication manager and program manager for the Airman's Manual at the Air Force Civil Engineer Support Agency at Tyndall Air Force Base, Fla. The section is tabbed, in easy-to-read simple text, and states specific "need-to-know-now" actions such as post-attack and shelter-in-place actions, weapons jam procedures, self-aid and buddy care and how to identify unexploded ordnance. It can even be read using night-vision goggles.

"The experts reviewed each section to ensure accuracy, then added essential information from lessons learned from operations Iraqi Freedom and Enduring Freedom, or any other items they found to be important over past five years," Mr. Prier said.

The team visited Lackland AFB, Texas, to test the draft manual on basic training graduates who recently completed Warrior Week.

Every bluesuiter will get a copy of the manual, with deployed and deploying Airmen getting their copies first through their unit deployment managers. Certain emergency-essential civilians and contractors will also get them.

"It's weather-proof, tear-resistant and just about indestructible," Mr. Epstein said. "It's a great medium for this compilation of existing war skills tactics, techniques and procedures."

If you know of or suspect fraud, waste and abuse, call the FWA hotline at 298-4170.

Army to recruit 'downsized' Airmen, Sailors

By Donna Miles
American Forces
Press Service

WASHINGTON – After they "Cross Into the Blue" Army officials said they hope Airmen leaving the Air Force will join the "Army of One."

A new program, Operation Blue to Green, seeks to recruit into the Army Airmen and Sailors leaving their service because of force reductions. The Army is temporarily increasing its ranks.

Plans call for the Air Force to reduce its numbers by

16,000 by the end of 2005, Air Force officials said.

An Army spokesperson called Operation Blue to Green an opportunity that "will definitely benefit the Department of Defense as well as these individuals."

Details of the program are

still being worked out, but an Army Web site says the program tells potential recruits it "will allow you to continue to serve your country, to maintain the benefits of military service and to expand your horizons by gaining new training and trying new things."

Candidates for the program are Airmen and Sailors in grades E-5 and below who qualify for an honorable discharge from active duty. Participation in the program, the Web site says, "is dependent upon your service's willingness to release you from your current active-duty obligation."

New Soldiers recruited under the program will go through a four-week "warrior transition course" being developed by Army Training and Doctrine Command officials.

"This will further orient them in terms of what it means

to be a Soldier in the Army," the Army spokesperson said.

This new course in basic combat skills will substitute for the nine-week course currently used to train Airmen, Sailors and Coast Guardsmen enlisting in the Army, according to the Web site.

Bonuses will be offered to recruits for selected military occupational specialties, although details were not yet available.

While Army officials finalize details about the program, they are wasting no time getting the word out to potential candidates. An online information form encourages interested candidates to sign up for more information. However, the site notes, "Until formal policies have been approved, Army recruiters cannot accept applications, process paperwork or reserve training seats."



Photo by Staff Sgt. Craig Clapper

Coming home a full bird ...

Col. William Barth (left), 407th Expeditionary Medical Group commander and Col. Gregory Champagne (right), 40th Air Expeditionary Group commander, pin eagles on the collar of Col. Tim Sowin, 47th Aeromedical-Dental Squadron commander, during his promotion ceremony July 3 at Tallil Air Base, Iraq. Colonel Sowin deployed from Laughlin in June.

Homeland Defense Journal

An on-line subscription form is available at www.homeland-defensejournal.com.

Subscriptions are free to federal, state, local and DoD decision-makers, supervisors and managers.

Course trains Airmen to drive convoys for Army

By Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON – Riding in a truck through Iraq, manning a weapon and facing armed adversaries is not a scenario many Air Force vehicle operators thought they would see.

But that is exactly what more than 500 of these Airmen are doing – driving convoys for the Army supporting Operation Iraqi Freedom.

Chief Master Sgt. Timothy Tate, Air Force vehicle operations career field manager, said a tasking for Air Force drivers to lend a hand came about during a sourcing conference attended by each of the four services.

“The secretary of defense had directed us to develop joint solutions that ensured the combatant commander had the forces necessary to meet operational needs,” the chief said. “We looked to see if we possessed a like capability for specific skill sets to help the Army alleviate shortfalls that exist. We determined we had a like capability in the Air Force and the ability to provide Airmen to drive convoys.”

To prepare for the mission, the first rotation of vehicle operators underwent six to eight weeks of training. The training was somewhat informal and unstructured, since it was a first for the Air Force, the chief said.

“To remedy that situation for the next rotation and better prepare our Airmen for combat operations, Air Education and Training Command (officials) stood up the Basic Combat Convoy Course, a formal three-week course at Lackland AFB (Texas),” he said.

As soon as the operators complete the course, they will form into units of about 150 Airmen and deploy to Kuwait for convoy live-fire training.

“As part of the convoy live-fire training, they go through a block of training known as close-quarter marksmanship, where they are firing a

weapon while on the move,” Chief Tate said. “You’re 5 feet from your battle buddy. When you feel the muzzle blast from an M-16 on the back of your neck, (it) raises your hackles, but it’s necessary for developing an Airman’s confidence in his or her teammates and handling his or her weapon.

“You don’t have any choice but to trust your teammates because not only are you depending on (them, they are) depending on you,” he said.

The normal span of 30 months between weapons training for vehicle operators did not develop the level of confidence needed in Iraq, the chief said.

“That’s why heavy emphasis on weapons training and close-quarter marksmanship is so critical,” he said. “Every Airman who went through the training (in Kuwait) fired no less than 600 rounds with an M-16.”

Another element of this training was to prepare Airmen to truly defend themselves against enemy forces, Chief Tate said.

“They are as sharp as you would want a unit to be. They’re alert, they’re vigilant, they’re confident, and they are certainly combat-capable.”

-- Chief Master Sgt. Timothy Tate
Air Force vehicle operations career field manager

“Part of that critical preparation is knowing that your survivability could depend upon your ability to raise and use a weapon against another person,” he said. “There are some Airmen who have had to do that.”

Training also focused on developing “muscle memory,” where Airmen are trained to respond to a situation without an extensive thought process.

“It’s a natural reaction,” the chief said. “You have hostile contact, and the next reaction is you aim, you fire, you kill.”

Once fully trained, vehicle operators deploy into Iraq for a six-month rotation, Chief Tate said. To supply the number of drivers needed, the vehicle operations career field is surging two air and space expeditionary force “buckets.”

Air Force officials have committed about 300 Airmen through March



Photo by Tech. Sgt. Scott Reed

Master Sgt. Theron Jones monitors the progress of a 67-vehicle convoy along the main supply route between Baghdad and Tikrit. He and other Airmen of the 2632nd Air Expeditionary Force Transportation Company provide security to military and civilian convoys as they move supplies to forward-deployed locations throughout Iraq.

2006, he said.

“So, it’s quite possible for some of the Airmen currently deployed to Iraq to have to support a future rotation as well,” the chief said.

Facing hostile areas on a day-to-day basis is drawing the units together in many ways, Chief Tate said. Most of the Airmen deployed supporting this mission had no idea they would be truly on the front lines.

“It’s really difficult for some to comprehend the team dynamics taking place, but as a leader seeing it firsthand, the cohesion and camaraderie developing as the teams come together is exciting and satisfying,” he said. “I saw it when the teams came together and started to communicate to each other their concerns, their fears and what they wanted to achieve while deployed.”

This communication and trust is what makes the teams so successful, he said.

“When they go outside the wire on a convoy, they are tight,” Chief Tate said. “They are as sharp as you would want a unit to be. They’re alert, they’re vigilant, they’re confident, and they are certainly combat-capable. I have to say

that those elements, along with the leadership they have, are (keys) to the overwhelming success of this mission.”

That leadership, the chief said, includes elements of both the Air Force and the Army.

“Even though the Airmen are tactically assigned to Army units, they are still well taken care of by Air Force leaders in the region,” he said. “There may be a perception that we’ve taken Airmen, given them to the Army and forgotten them. That’s false – we have Airmen working for Airmen, and we have effective support elements in place.”

To make sure things run as smoothly as possible for the vehicle operators, a command and control structure was developed through U.S. Central Air Forces that addresses administrative concerns, the Uniform Code of Military Justice and other personnel issues through Air Force chains of command.

So far, the chief said, the Airmen’s performance has been outstanding.

“One Army battalion commander (whom) the Airmen fall under said they are the best unit under his command,” Chief Tate said.

Airman warns of employment scam

Some online scams may be out to steal money, identity

By Jeanne Grimes
Oklahoma City
Air Logistics Center
Public Affairs

TINKER AIR FORCE BASE, Okla. — Posting his resumé online seemed like a savvy move for one Airman here who plans to separate in August, move to Dallas and start college.

However, instead of leads to gainful employment, the experience took Senior Airman Christopher Kissell dangerously close to the unwanted role of scam victim. Now he wants his experience to be a warning to other servicemembers re-entering the civilian work force.

"It's a terrifying situation," said Airman Kissell, a medical administrator with the 72nd Medical Group. "How many like me are out there? A percentage of people, I'm sure, will fall for it."

Airman Kissell said it all began when he posted his resumé online. The resumé included the fact that he speaks Chinese.

"I got a reply from this company saying they were looking for someone to help

out with international relations," he said.

That initial e-mail referred glowingly to the resumé. Airman Kissell was informed Chempacon GMBH, the purported company in Lautenbach, Germany, did not require him to have a college degree, just a willingness to work. The position required someone who was bilingual and experienced at working with peers in other countries.

Airman Kissell received a condensed application to fill out and fax to the company, which included a request for faxed copies of his driver's license and social security cards. He complied, but first he blacked out the numbers.

"All this time, I was going through an 'interview' process and would get e-mails from company contacts," he said. "They said they'd love to hire me, but wanted me to give them my social security number for tax reasons."

By then, Airman Kissell said warning bells were echoing in his head. He went to an online search engine, typed in Chempacon GMBH and said he was shocked at what came up.

"Every result I found warned, 'Beware. This is a scam. Job seek fraud,'" he said.

Determined to learn more, the Airman kept his discovery to himself and e-mailed the company, asking for a job description.

He said what came back shocked him again — this time the company considered him gullible.

"They were going to send me foreign checks to deposit in my personal checking account," Airman Kissell said, adding he would then send the company a wire transfer for

the amount of the check, less \$600.

"I said, 'No,'" he continued. "It was my only redeeming remark."

He had already learned from his research that the checks for tens of thousands of dollars were no good and people who deposited one into their bank account and then withdrew the funds to complete the wire transfer were held responsible for the bank's loss when the check bounced.

Airman Kissell alerted the Air Force Office of Special Investigations and filed a fraudulent business complaint

with the FBI. He also complained to employment search Web sites.

He said he believes he came away from the encounter a wiser man. As a precaution, he canceled all his credit cards and reopened accounts with new numbers.

His job search continues, but he has taken it from online to in person. On weekends, he drives to Dallas to hunt for jobs the old fashioned way.

"You have to research anytime you're looking for a job," he said. "Nothing beats a sit-down face-to-face with a potential employer."



Online news

Access breaking news at United States Air Force Online News, the official newspaper of the United States Air Force. A simple click to www.af.mil/news/ keeps you informed about events.

If you must drive and chat...

- Use a hands-free device
- Position the phone within easy reach.
- Do not take notes or look up phone numbers while driving.
- Let voicemail answer phone calls during inconvenient situations
- Know your wireless phone features. Speed dial can be used without taking your eyes off the road.

Summer safety: —————

Basic precautions will help make summer

Compiled by the
47th Safety Office

Ladies and gentlemen, start your engines. Not so fast! Summer fun in the sun is in full swing and strong emphasis on safety is vital. Many of our people will drive great distances to visit their families and friends. Swimming, boating, off road driving, barbecuing and fireworks are popular activities in the summer. Whatever someone's plans are, they vigorously pursue and adopt a risk management plan before they get underway.

Forethought and common sense must be exercised when engaging in any activity. Keep in mind some

safety hints to minimize risks in order to avoid death and injury:

■ **Driving** - If you are highway bound, make sure your vehicle is in excellent operating condition. Always carry a roadside emergency and first aid kit and extra water in hot climates.

Putting on a safety belt is the first thing you do when you get in a car and takes all of three seconds to do. A safety belt is a simple habit and can make all the difference between walking away from a crash or being carried off on a stretcher.

Keep children safe. The back seat is the safest place for children to ride, and all children must be restrained with the correct safety

equipment.

Don't speed. Speeding reduces a driver's ability to steer safely around curves or objects in the road. You never know what's around that next corner: a deer, stalled car or pedestrian in the roadway.

Most importantly, do not drink and drive and equally important, don't get into a vehicle with a driver who has been drinking and driving.

■ **Swimming** - use common sense: swim where life-guards are present. They are trained to identify hazards and help you if you get into trouble. Never dive unless you know the water depth and what obstacles are below. Don't let a bad

decision leave you paralyzed for life.

■ **Boating** - take a boating course, file a float plan, never exceed the boat's maximum capacity, wear a personal flotation device, keep an eye on the weather and save the alcohol for later.

■ **Off road driving** - get training before operating a vehicle or all-terrain-vehicle off road and start out slowly. Knowing the condition and route you're going to take allows you to alter speed as necessary in areas with limited visibility or poor road conditions. Maintain proper speed and wear personal protective equipment.

■ **Barbecue safety** - follow

manufacturer's instructions for lighting and extinguishing gas grills. There is a right way and a wrong way. Many have been severely burned when gas build up has led to explosions.

■ **Alcohol** - moderation, moderation, moderation. Drink responsibly. Know when enough is enough!

Think before you act. Basic precautions for prevention of mishaps while in the home, on the waterways, on the ball field and on the highway will make this summer a safe and happy one and one which you will live to talk about.

(Information extracted from the US Naval Safety Center Files)



Photos by Senior Airman Timothy J. Stein

More than 600,000 people are treated in hospital emergency rooms annually for bicycle-related accidents in the United States, according to Consumer Product Safety Commission. Helmets are required for anyone riding a bicycle on an Air Force base.

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Unsafe



Safe



by Senior Airman Timothy J. Stein

orce members are required to a certified helmet, impact resis- goggles or full-face shield, leeved shirt or jacket, long trou- sturdy footwear, an outer gar- that is brightly colored for day reflective at night and full- red gloves when riding a rycle.

Safe



Unsafe



Photos by 2nd Lt. Sheila Johnston

Mowing the lawn should be done while wearing long pants, eye protection, ear protection and closed-toed shoes to prevent injury. Mowers should also beware of where the clippings are thrown and large debris in the yard.

Military working dog sniffs out suspicious vehicle in Florida

By Sue Walden
45th Space Wing Public Affairs

PATRICK AIR FORCE BASE, Fla. – A four-legged 45th Security Forces member did his job correctly but caused quite a stir here July 8.

While doing his daily sniffing around inbound trucks at the truck inspection area at the base's south gate, Pancho, a 7-year-old military working dog, alerted his handler to a suspicious vehicle.

Immediately after the alert, experts from the 45th Space Wing's explosive ordnance disposal team, fire department and

security forces responded to the scene. For security purposes, the gate was closed and a portion of the nearby road and causeway closed for about an hour and 15 minutes.

After a thorough and extensive search of the truck and its flatbed trailer, no explosive devices were detected. But Pancho was correct – he smelled residual black powder from the truck. According to the vehicle's driver, the truck had recently carried fireworks.

"Pancho is smart and has a high drive to please his handler," said Staff Sgt. Brian Disorbo, who has spent the last three years training the

Belgian malinois. "I never have any doubt about accomplishing the mission when working with Pancho."

Capt. Cheryl Morgan, a 45th SFS operations officer, said security forces will always err on the side of caution when a military working dog alerts handlers.

"We realize that closing certain roads can be an inconvenience to drivers in the area, but it is done with everyone's safety and security in mind, including the civilians in the community," she said.

(Capt. Susan A. Romano contributed to this article.)



Courtesy photo

Staff Sgt. Brian A Disorbo and his partner, Pancho, respond to a call. Both are assigned to the 45th Security Forces Squadron at Patrick Air Force Base, Fla.

The *XLer*

Ericka Flansbaum

47th Operations Support Squadron

Hometown: Chicago, Ill.

Family: Husband, Sean; and dog, Toby

Time at Laughlin:

Three years and six months

Time in civil service:

Three years and six months

Greatest accomplishment:

Working with the student pilots through out the year and helping put together graduation ceremonies

Hobbies: Writing, sleeping, cooking, scrapbooking, reading and volunteering

Bad habit: Eating to much junk food

Favorite movies:

"Shawshank Redemption" and "Bring it on"

If you could spend one hour with any person, who would it be and why?

Donald Trump, to get some financial advice and maybe a loan.



Photo by Senior Airman Timothy J. Stein

Commander's Access Channel:

Tune to Cable Channel 34

for information about
events and
activities at Laughlin.

Chapel information



Catholic

Monday - Friday

● Mass, 12:05 p.m.

Saturday

● Reconciliation, 4:15 p.m. or by appointment; Mass, 5 p.m.

Sunday

● Mass 9:30 a.m., Religious Education, 11 a.m.

Thursday

● Choir: 6 p.m.; Rite of Christian Initiation, 7:30 p.m.

Protestant

Wednesday

● Protestant Women of the Chapel Ladies' Bible Study, 9 a.m.; Choir, 7 p.m.

Sunday

● Contemporary worship, 9 a.m. in the base theater; General worship (a blend of Liturgical and contemporary worship), 11 a.m.

Chaplain Staff

Wing chaplain:

Chap. (Lt. Col.) Joseph Lim, Roman Catholic

Senior Protestant:

Chap. (Capt.) Terri Gast, Presbyterian Church, USA

Protestant:

Chap. (Capt.) Alex Jack, Independent Christian Church

Protestant:

Chap. (Capt.) Kenneth Fisher, Evangelical Church Alliance

For more information on other denominations, chapel events or services, call 298-5111. For information on special events, see the Community Calendar on page 16.

Buckle up! It's the law.

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Commander's Access Channel

Tune to **Cable
Channel 34**
for information
about events and
activities
at Laughlin.

CES hammers to Services, 24-4, in softball

By Senior Airman
Timothy J. Stein
Editor

The 47th Civil Engineer Squadron proved once again why it is arguably the best team this year in intramural softball by defeating the 47th Services Division, 24-4, Tuesday night at Babe Ruth Field.

Everyone on CES contributed to the successful outcome on offense and defense. There didn't appear to be any flaws in CES's game except for an errant throw in the top of the third inning which instead of an easy out allowed two runs to score.

Services started the game out

strong by scoring 2 runs in the top of the first and holding CES to 3 runs but it went downhill from there.

CES scored seven runs on seven hits in the bottom of the second inning. The hits included four doubles and a two-run homer by Jason Burd.

The third inning was more of the same for both teams. Services scored two runs on a bad throw to first base but were held after that. CES scored eight runs on nine hits, including two triples and five doubles.

CES was able to shutdown Services in the fourth inning while scoring six themselves. Les McCracken and Brian Tonnancour each had two-run, inside-the-park home runs during

the inning.

The game was called for the 20-run rule by the umpire in the bottom of the fifth when CES scored one run to bring the total to 24-4.

The win puts CES at a perfect 8-0 and three and a half games ahead in the National League. CES will next face off against the third-place team in the American League, the 84/85th Flying Training Squadrons, at 9:30 p.m. Tuesday at Babe Ruth Field.

The loss drops Services to 1-8 and keeps them near the cellar in the National League. They take on the 86th FTS next at 6:30 p.m. Wednesday at Babe Ruth Field.

Intramural Softball Standings

	Team	W-L
American League	87th	5-1
	Del-Jen 1	4-1
	84/85th	5-2
	LCSAM 1	3-2
	LCSAM 2	3-2
	OSS	4-3
National League	Del-Jen 2	2-5
	86th	1-4
	CES	8-0
	CCS	4-3
	SFS	4-3
	LSI	3-5
	MED GP	2-5
	MSS	2-7
	SVS	1-8

Combine carbohydrates, protein at every meal

Fitness commentary
by Bill Goins
47th Aeromedical-Dental
Squadron exercise
physiologist

In recent years, there have been so many nutritional fads that most people don't know where to turn for reliable

information on how to eat right.

However, the one method of eating right which seems to have stuck, the one that seems to be recommended and followed more often than any other, is the high-carbohydrate, low-fat, low-protein nutrition regimen. This type of diet is recommended by most

nutritionists and doctors.

One reason these high-carb, low-fat diets are so popular is that back in 1988, the U.S. Surgeon General recommended we all restrict our consumption of dietary fat. In response, the multibillion-dollar food industry began coming out with fat-free everything — ice cream, cookies, crackers — you name it. In place of fat, more and more sugars (simple carbs) were added. Then the myth that "fat free" means "all you can eat" spread like wildfire. Yet, over the past 10 years, we've continued to see a dramatic rise in the incidence of obesity. This can be attributed in large part to the increase in sugars that are consumed in the "low fat" foods along with a decrease in many people's activity levels.

The fact is, lowering your dietary fat intake and increas-

ing carbohydrate consumption is not the best way to get lean and healthy. Study after study has shown that our bodies work much better with a balance of complex carbohydrates and protein coupled with a reduction in fat intake. Reducing dietary fat does not mean to replace that fat with simple carbohydrates such as sugar. It also doesn't mean that carbohydrates are bad and should be cut out.

Not only is protein essential for building healthy muscles and maintaining a strong immune system, but it helps stabilize insulin levels as well. Insulin shuttles amino acids and glucose (blood sugar), among other things, into cells. However, when you eat too many sugars over a long period of time, your body can become "insulin resistant," and you can develop adult-onset

diabetes, which can lead to obesity, heart disease and many other health problems, including unstable energy levels and fatigue. Eating a high-sugar diet can also stimulate the appetite and cause unfavorable and unpredictable mood swings. Moreover, whenever insulin levels are elevated, your body resists burning fat.

On the other hand, protein provides stable energy levels through its effect on insulin and blood sugar. Eating protein also helps control your appetite, and research has found that the thermic effect (the increase in energy required for digestion, absorption, and disposal of ingested food) of a protein-rich meal is much greater than a meal high in simple carbohydrates.

The bottom line is, diets high in sugar and fat work against the body, not with it. The solution is to balance complex carbohydrate and protein intake. This does not mean to go on a high-protein diet. High-protein diets have as many negative results as do high-carbohydrate diets. This means that your body is much more efficient when you balance your carbohydrates and proteins and limit your fat intake with each meal.